

**2014 33<sup>rd</sup> Annual  
Dr. Martin Luther King Jr. Swim  
Invitational**

**January 17, 18, 19, 2014**

# 2014 33<sup>rd</sup> Annual Dr. Martin Luther King, Jr. Swim Invitational

## January 17, 18, 19, 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #140118
- LOCATION:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, Long Island, NY 11554
- FACILITY:** 10 lane, 25 yd pool with 2 meter minimum depth. Colorado Timing System, Scoreboard readouts, Hy-Tek Meet Manager.  
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Friday, January 17, 2014 (12&un) (13&over) warmup:5:00PM, start:6:00PM  
Session 11: Saturday, January 18, 2014 (open) (13/14) warmup:7:00AM, start:8:00AM  
Session 111: Saturday, January 18, 2014 (8&un) warmup:12:15PM, start:12:45PM  
Session 1V: Saturday, January 18, 2014 (9/10), (11/12), warmup:2:30PM, start:3:30PM  
Session V: Sunday, January 19, 2014 (13/14) (open), warmup: 7:00AM, start: 8:00AM  
Session V1: Sunday, January 19, 2014 (9/10) (11/12), warmup:1:00pm, start:2:00pm
- FORMAT:** Timed Final events  
First 4 events of each session may be pre-seeded. Seeding will be conducted at the beginning of each session utilizing a scratch sheet procedure.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on **January 17, 2014** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Limit of 3 events per session and 2 relay per session, session 3 (8&un) is only session with 4 events per swimmer. NTs will NOT be accepted. Meet entries will be run using Hy-Tek Meet Manager.  
Entries are accepted on a first come, first served basis.  
  
U.S. Mail Entries/Payment to: **NU-Finmen Swimming, 3 Church Street, Hempstead, NY 11550**  
Email Entries/Confirm Entry Receipt: [djdzazdd@aol.com](mailto:djdzazdd@aol.com)  
**Signature waiver required for express mailed entries and payments.**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by Thursday, December 26, 2013.  
2: The final entry deadline for this meet is **Monday, December 30, 2013**  
3: Metro entries received between **December 26, 2013 and December 30, 2013** and all entries from other LSC's will be entered in the order they are received, as space allows.  
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event and \$8.00 per relay must accompany the entries.  
Make check payable to: **Nu-Finmen Swimming**.  
Payment must be received by January 17, 2014. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** **General warmup with assigned lanes will be distributed each session along with scratch sheets at the computer table.**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session at computer table. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** **Individual awards: custom ribbons 1<sup>st</sup> – 10<sup>th</sup>, relays: 1<sup>st</sup> – 3<sup>rd</sup> places. High point awards for each age group (male/female). Points awarded thru' 6<sup>th</sup> place (no points awarded out of age group). Awards that are not picked up by end of meet will not be mailed..**
- OFFICIALS:** Meet Referee: Michele Gurrieri, Mcgswim6592@aim.com , Jacqui Sewell, yardie630@aol.com  
Officials wishing to volunteer should contact Meet Referee by **January 7, 2014.**
- MEET DIRECTOR:** Robert Trotman, nufinmenswimming@aol.com  
**Dawn Diaz, [didiazdd@aol.com](mailto:didiazdd@aol.com)**
- RULES:** The current USA Swimming Rules and Regulations will apply.  
**The USA Swimming Code of Conduct is in effect for the duration of the meet.**  
The overhead start procedure may be used at the discretion of the meet Referee.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.  
**"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement".**  
**"Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged."**
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against "**Nassau County Aquatic Center, and Nu-Finmen Swimming**", Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone are not permitted in changing areas, rest rooms or locker rooms**
- ADMISSION:** **\$7.00 per person, per session, (11 & over) / programs - \$3.00 each**
- MERCHANTS:** Vendors will be available on site for purchases of suits, towels, goggles and photos.  
**Food available in designated areas of the facility. No glass bottles allowed on pool deck.**
- PARKING:** **Ample free parking available in the park.**
- DIRECTIONS:** **From Verranzo Narrows Bridge & Kennedy Airport:  
Follow signs to Belt Parkway/Long Island East. Take Belt Pkwy E. past Kennedy Airport. After Kennedy Airport stay in the left lane and look for signs to the Southern State Pkwy E. Take Southern State Pkwy E. to Meadowbrook Pkwy N. to NY-24 Hempstead Turnpike (exit M4). On Hempstead Turnpike get in left lane. Make left at first light (Merrick Ave.). make right into Eisenhower Park.  
From Whitestone & Throgs Neck Bridges:  
Take Cross Island Pkwy S to exit 29, Grand Central Pkwy E. Follow Grand Central Pkwy to Meadowbrook Pkwy S (Jones Beach) to NY-24 (exit M4) and follow above directions to Eisenhower.**

**NU-FINMEN SWIMMING**  
**2014 33<sup>rd</sup> ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL**

**SESSION 1: FRIDAY, JANUARY 17, 2014**

**WARMUP: 5:00, START: 6:00PM**

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
1	12 & UN 200 FREE	2
3	13/14 500 FREE	4
5	OPEN 500 Free	6
7	13/14 400 IM	8
9	OPEN 400 IM	10

(Nu-Finmen Swimming reserves the right to limit the heats in this session to keep within time limits. NO 8&UN in this session.)

**SESSION 11: SATURDAY, JANUARY 18, 2014**

**WARMUP: 7:00AM, START: 8:00AM**

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
11	OPEN 200 IM	12
13	13 / 14 200 IM	14
15	OPEN 100 BREAST	16
17	13 / 14 200 BREAST	18
19	OPEN 200 FLY	20
21	13 / 14 100 FLY	22
23	OPEN 100 FREE	24
25	13/14 200 FREE	26
27	OPEN 200 BACK	28
29	13/14 100 BACK	30
31	OPEN 200 MED RELAY	32
33	13/14 200 MED RELAY	34

**SESSION 11I: SATURDAY, JANUARY 18, 2014**

**WARMUP: 12:15PM, START: 12:45PM**

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
35	8 & UN 25 FREE	36
37	8 & UN 25 BACK	38
39	8 & UN 25 FLY	40
41	8 & UN 25 BREAST	42
43	8 & UN 50 FREE	44

**SESSION 1V: SATURDAY, JANUARY 18, 2014**

**WARMUP: 2:30PM, START 3:30PM**

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
45	9/10 100 IM	46
47	11/12 100 BACK	48
49	9/10 50 BACK	50
51	11/12 100 BREAST	52
53	9/10 50 BREAST	54
55	11/12 50 FLY	56
57	9/10 100 FLY	58
59	11/12 100 FREE	60
61	9/10 50 FREE	62
63	11/12 200 MED RELAY	64
65	9/10 200 MED RELAY	66

**NU-FINMEN SWIMMING  
2014 33<sup>RD</sup> ANNUAL DR. MARTIN LUTHER KING JR. SWIM INVITATIONAL**

**SESSION V: SUNDAY, JANUARY 19, 2014  
WARMUP: 7:00 AM, START: 8:00AM**

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
67	OPEN 200 BREAST	68
69	13/14 100 BREAST	70
71	OPEN 50 FREE	72
73	13/14 50 FREE	74
75	OPEN 100 FLY	76
77	13/14 200 FLY	78
79	OPEN 200 FREE	80
81	13/14 100 FREE	82
83	OPEN 100 BACK	84
85	13/14 200 BACK	86
87	OPEN 200 FREE RELAY	88
89	13/14 200 FREE RELAY	90

**\*\*\*\*COACHES RELAY\*\*\*\***

**SESSION V1: SUNDAY, JANUARY 19, 2014  
WARMUP: 1:00PM, START: 2:00PM**

<b>FEMALE</b>	<b>EVENTS</b>	<b>MALE</b>
91	11/12 200 IM	92
93	9/10 100 BACK	94
95	11/12 50 BACK	96
97	9/10 100 BREAST	98
99	11/12 50 BREAST	100
101	9/10 50 FLY	102
103	11/12 100 FLY	104
105	9/10 100 FREE	106
107	11/12 50 FREE	108
109	9/10 200 FREE RELAY	110
111	11/12 200 FREE RELAY	112